

English Pea Salad¹⁰

Number of Servings: 10 (114.52 g per serving)

Amount	Measure	Ingredient
4 1/2	cup	Peas, green, ckd f/fzn, drained
1 1/8	cup	Cheese, cheddar, fancy, shredded
3 1/4	Tbs	Spice, onion, minced, dehyd
1 1/8	cup	Dressing, mayonnaise, light
3 1/2	tsp	Milk, 1%, w/add vit A & D

Nutrients per serving

Nutrition Facts

Serving Size (115g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 380mg **16%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **20%**

Sugars 4g

Protein 7g

Vitamin A 30% • Vitamin C 15%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Combine onion, mayonnaise and milk. Add cooled cooked peas. Lightly stir in shredded cheese. Chill. A little more milk may be added to make creamy if necessary.

Serve 1/2 C serving (#8 scoop) = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.